

# Dive into the Truth of Aokigahara-jukai Forest

## Nature

The Aokigahara-Jukai Forest contains countless caves left behind when the lava, which had cooled and hardened on the surface but was still hot inside, flowed away. The best examples of these are the Fugaku Fuketsu (Wind Cave) and Narusawa Hyoketsu(Ice Cave).

## Culture

The Man'yo Poem Monument conveys to the present day the profound emotions felt by ancient poets as they journeyed and gazed down upon the foothills of Mt. Fuji. The inscribed poems express the scenery and feelings that represent the very origin of the Japanese spirit, passing down the historical and cultural significance of this region and Mt.Fuji to future generations. Reading these poems at Mt.Koyodai allows visitors to feel the unchanging beauty and majesty of Mt.Fuji, much as it must have appeared approximately 1,300 years ago.

Some of these caves continuously emit a current of cool air at a constant, low temperature (often around 0 to 10°C) throughout the year. Utilizing this cool air, facilities were constructed within the caves to store silkworm eggs (paper sheets on which silkworm eggs were laid). This innovative use artificially extended the silkworm production season, thereby enabling a significant increase in silk output.

## Food

The triangular shape of Onigiri (rice ball) is said to be modeled after the shape of a mountain, especially a sacred mountain like Mt.Fuji. It is believed that the custom began with people shaping rice into the form of a mountain where the gods resided, seeking to connect with their divine power. As the most symbolic and sacred triangular mountain for the Japanese people, Mt.Fuji is said to have served as the model for the Onigiri shape.

**Let's post today's best memory on social media!**

**Please use the following hashtags.**

#富士山 #fujisan #Mt.Fuji  
#青木ヶ原樹海 #Aokigahara-jukai\_forest  
#青木ヶ原の真実 #Aokigahara-jukai\_forest 's\_truth  
#アドベンチャートラベル #Adventure\_travel  
#山梨 #Yamanashi #生命の森 #神秘的  
Aokigahara-jukai forest Promotional Video  
<https://youtu.be/iMRaytPUEUw>



We appreciate your participation in this survey.



**Business Planning :**

Culture, Tourism and Sports Department Yamanashi Prefectural Government  
Tour Planning and Execution : Tōbu Top Tours Co.,Ltd.Kofu Branch  
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## 「Aokigahara-jukai forest's truth」 Lake Saiko Course

 Travel Date : November 29th, 2025

 Meeting Point : ①(Time: 9:15 AM): Mt.Fuji Station on the Fujikyuko Line (Bus Lanes 5 & 6)

※Our staff will guide you immediately after you exit the ticket gate.

②(Time: 9:45 AM): Saiko Wildbird Forest Park (2068 Fujikawaguchiko-machi, Minamitsuru-gun)

## About Aokigahara-jukai Forest

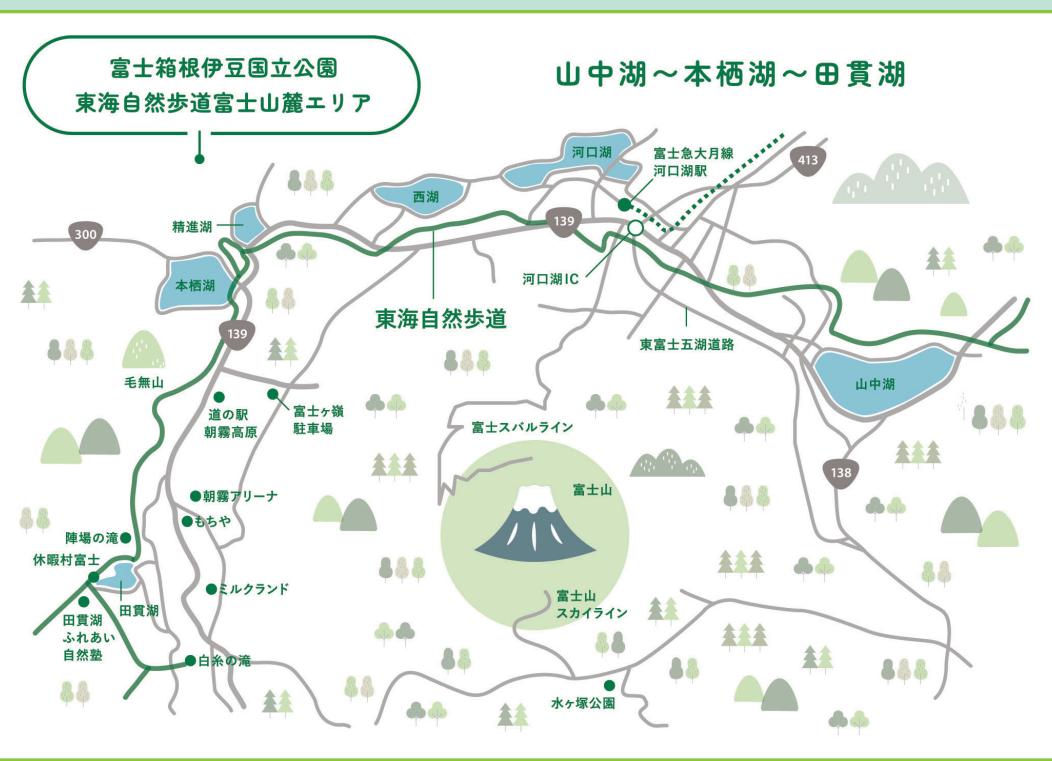
This forest is a primeval forest that spreads over the lava flow expelled by a Mt.Fuji eruption approximately 1,200 years ago. Starting from an environment poor in nutrients and water, lichens, moss, and ferns established themselves. Eventually, seeds carried by insects, birds, and the wind took root, allowing trees to grow. Today, in addition to evergreen conifers like Japanese Hemlock and Japanese Cypress, deciduous broad-leaved trees such as cherry and maple are also visible. The soil layer is only about 10 cm deep. Exposed lava and a wide variety of mosses create the distinctive landscape of this area.

## What to Bring

- Towel
- Rainwear  
(Separate jacket and pants type)
- Umbrella
- Garbage bags
- Hat and Gloves
- Drinks
- Snacks
- Heat pad

## Attire

- Comfortable clothes for walking
- Trekking shoes  
Note: Waterproof shoes are recommended



## Lake Saiko Course

9:15 Mt. Fuji Station

9:45 Saiko Wildbird Forest Park

Departure Ceremony

(depart parking lot by bus at 10:15)

Man'yo Poem Monument

Mt.Sankodai

Fugaku Fuketsu(Wind Cave) (enter the Cave)

13:10 Lunch (Rice Ball Bento)&Nenba Beach Walk

14:20 Saiko Wildbird Forest Park

15:00 Mt. Fuji Station

### 1 Man'yo Poem Monument



Carved with a praise poem to Mt.Fuji from the Man'yoshu

### 2 Mt.Sankodai



Scenic Viewpoint of Mt.Fuji and Three Lakes

### 3 Fugaku Fuketsu (Wind Cave)



The cave maintains a cool, average temperature of 3°C all year round.

### 4 Nenba Beach



End point of Aokigahara Jukai forest that is visible before my eyes

